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Soursops are highly flavourful, and the velvety texture of this sorbet is amazing. Aloe vera in its fresh form after peeling is extremely bitter. Our processing method removes that taste. Give it a go, because the final combination of cooling flavours are well worth the effort that goes into this slightly more complicated recipe.

Heart Healthy | Digestive Support | Gluten-Free | Vegan

## CHILLED CUCUMBER SOUP WITH ALOE VERA AND SOURSOP SORBET

SERVES 8

### INGREDIENTS

POACHED ALOE VERA  
500G/1LB 1OZ PEELED ALOE VERA (2 LARGE STEMS)  
500G/1LB 1OZ (SCANT 1½ CUPS) AGAVE NECTAR

### SOURSOP SORBET

2 VERY RIPE SOURSOP OR CUSTARD APPLES  
250G/9OZ (¾ CUP) AGAVE NECTAR  
CHILLED CUCUMBER SOUP  
2-3 LEBANESE OR ENGLISH CUCUMBERS  
2 TABLESPOONS AGAVE NECTAR

### TO SERVE

1 LEBANESE CUCUMBER, PEELED, CUT INTO  
QUARTERS LENGTHWISE AND SEEDED  
1 AVOCADO, PEELED, CUT INTO EIGHTHS, THEN  
INTO SMALL WEDGES  
15G/½OZ DRIED BASIL SEEDS, SOAKED IN WATER  
FOR 1 HOUR  
1 GREEN MANGO CHEEK, CUT JULIENNE  
1 TEASPOON GINGER JULIENNE  
2 TABLESPOONS LEMON BASIL LEAVES

To make the poached aloe vera, bring 2 litres (8 cups) salted water to the boil. Meanwhile, wash the peeled aloe vera under running water to remove the slimy outer membrane.

Cut the stems into 3cm/1¼ inch triangular wedges and place in a stainless steel bowl. Carefully pour 500ml (2 cups) boiling salted water over the aloe vera and stir well to agitate, then drain. Repeat this process 3 more times, then place the drained aloe vera in a clean bowl.

Pour 350g/12oz (1 cup) of agave nectar over the aloe vera, or enough to cover. Cover with cling film and refrigerate overnight. The next day, drain the aloe vera and discard the nectar. Place the aloe vera in an airtight container and cover with the remaining agave nectar.

To make the soursop sorbet, peel the outer skins from the soursop and use a small sharp knife to remove the seeds. Juice the flesh through a juice extractor then place in a bowl, add the agave nectar to the strained purée and churn in an ice cream machine until frozen. Transfer to an airtight container and freeze to firm up.

To make the chilled cucumber soup, push the whole cucumbers through a juice extractor and catch the juice in a jug. Add the agave nectar and stir to combine, then strain through a sieve. Cover and refrigerate until ready to serve.

To serve, cut each quarter of Lebanese cucumber into 10 wedges. Place a 10cm/4 inch ring mould on each serving plate, spoon 60ml (¼ cup) of drained aloe vera into each mould then divide the avocado and cucumber wedges among the remaining moulds. Top with a teaspoon of basil seeds and a scoop of soursop sorbet. Decorate with the green mango, ginger and lemon basil. Serve with 50ml (1/5 cup) of cucumber soup in a jug on the side.